

Appl. No. 10/748,501  
Amdt. Dated 12/06/2004  
Reply to Office action of 09/15/2004

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

Claim 1. (currently amended)      ~~A shopping~~ An item list apparatus for use by a user comprising:

a pre-formatted sheet of paper having a top edge and a bottom edge, and a front surface and a back surface;

said front surface providing space for creating a list of items;

attaching means for attaching said top edge to said bottom edge; and

said sheet folded in the form of a loop by said user once the list of items is created and the user is ready to use said list of items by attaching said top edge to said bottom edge using said attaching means;

wherein said loop has an outer side and an inner side; and

wherein said front surface having said list of items forms the outer side of said loop.

~~organized in a tabular format on the front side of said sheet of paper wherein each cell of said tabular format comprises a category heading for the items to be purchased and space for listing said items to be purchased under said category; and~~

~~wherein said sheet of paper has placed up on it a strip of pressure sensitive adhesive or glue on the top edge of the back side of said sheet of paper facilitating assembling a plurality of said sheet of paper in the form of a pad and enabling a user in~~

Jiten C. Shah  
516 Cherrywood Drive  
Wheeling, IL 60090

Page 2 of 10

Appl. No. 10/748,501  
Amdt. Dated 12/06/2004  
Reply to Office action of 09/15/2004

~~forming a loop of said sheet of paper by attaching said top edge having said adhesive strip to the bottom edge of said sheet of paper while shopping.~~

Claim 2. (currently amended)      The apparatus of claim 1, wherein said attaching means comprises a pressure sensitive adhesive applied on the back surface of said sheet in close proximity of said top edge; and wherein a plurality of said sheet of paper sheets are attached together in the form of a pad using said pressure sensitive adhesive ~~applied to said top edge of said back side of each of said sheet of paper.~~

Claim 3. (currently amended)      The apparatus of claim ~~[[1]]~~ 2, wherein ~~a plurality of said sheet of paper are attached together in the form of a pad using said pressure sensitive adhesive applied to said top edge of said back side of each of said sheet of paper, and wherein said pad is placed on a refrigerator or a similar surface.~~

Claim 4. (currently amended)      The apparatus of claim 1, wherein said sheet is organized in a tabular format comprising a plurality of cells on the front surface; and wherein each of said plurality of cells comprises a category heading for the items to be purchased listed and space for listing said items. ~~are listed in said space on said sheet of paper by one or more users on a real-time basis as the need arises until the time of shopping whereby creating a completed shopping list, wherein at the time of shopping the user wraps said completed shopping list in the form of a loop around said user's wrist or around the handle of the shopping cart, in a manner such that the front side of the list is~~

Jiten C. Shah  
516 Cherrywood Drive  
Wheeling, IL 60090

Page 3 of 10

Appl. No. 10/748,501  
Amdt. Dated 12/06/2004  
Reply to Office action of 09/15/2004

~~on the outer side of the loop, by attaching said top edge with the adhesive to said bottom edge.~~

Claim 5. (currently amended)      The apparatus of claim 1, wherein said list of items is a shopping list and a food pyramid is superimposed on said ~~pre-formatted~~ sheet of paper enabling the user in shopping for a balanced diet.

Claim 6. (currently amended)      The apparatus of claim 1, wherein said list of items is a [[A]] reference list, ~~apparatus comprising:~~

~~a pre-formatted sheet of paper organized in a tabular format on the front side of said sheet of paper wherein each cell of said tabular format comprises a category heading for the items to be referenced and space for listing said items to be referenced under said category; and~~

~~wherein said sheet of paper has placed up on it a strip of pressure sensitive adhesive or glue on the top edge of the back side of said sheet of paper facilitating organizing a plurality of said sheet of paper in the form of a pad and enabling a user in forming a loop of said sheet of paper by attaching said top edge having said adhesive strip to the bottom edge of said sheet of paper while using said sheet of paper for reference.~~

Claim 7. (currently amended)      The apparatus of claim ~~[[6]]~~ 1, wherein said list of items is a shopping list, ~~a plurality of said sheet of paper are attached together in the form~~

Jiten C. Shah  
516 Cherrywood Drive  
Wheeling, IL 60090

Page 4 of 10

Appl. No. 10/748,501  
Amdt. Dated 12/06/2004  
Reply to Office action of 09/15/2004

~~of a pad using said pressure sensitive adhesive applied to said top edge of said back side of each of said sheet of paper.~~

Claim 8. (currently amended) The apparatus of claim [[6]] 1, wherein ~~a plurality of said sheet is made of paper are attached together in the form of a pad using said pressure sensitive adhesive applied to said top edge of said back side of each of said sheet of paper, and wherein said pad is placed on a refrigerator or a similar surface.~~

Claim 9. (canceled)

Claim 10. (new) A method of creating a list of items for ease of use by a user, comprising the steps of:

creating a list of items on a sheet, said sheet having a top edge and a bottom edge, and a front side and a back side; and

forming a loop from said sheet by attaching the top edge of said sheet with the bottom edge of said sheet;

wherein said front side forms the outer side of said loop and said back side forms the inner side of said loop; and

wherein said list of items is located on said outer side.

Claim 11. (new) The method of claim 10, wherein said list of items is a shopping list.

Jiten C. Shah  
516 Cherrywood Drive  
Wheeling, IL 60090

Page 5 of 10

Appl. No. 10/748,501  
Amdt. Dated 12/06/2004  
Reply to Office action of 09/15/2004

Claim 12. (new)      The method of claim 10, wherein said list of items is a reference list.

Claim 13. (new)      The method of claim 10, wherein said sheet is made of paper; and where in said sheets of paper are organized in the form of a pad.

Claim 14. (new)      The method of claim 10, wherein said loop is formed around a wrist of the shopper.

Claim 15. (new)      The method of claim 10, wherein said loop is formed around the handle of a shopping cart.

Claim 16. (new)      The method of claim 10, wherein said sheet is pre-formatted for making entries in said shopping list.

Claim 17. (new)      The method of claim 13, wherein said pad is attached to a refrigerator or to a similar surface.

Jiten C. Shah  
516 Cherrywood Drive  
Wheeling, IL 60090

Page 6 of 10